

Community support organisations

If you are self-isolating or shielding, you are not on your own. The following community groups are providing local support that you may find helpful.

Name of group	What they offer	Contact details
<i>Hantshelp4vulnerable</i>	The Coronavirus Hampshire Helpline. A new helpline for frail and vulnerable Hampshire residents	Call 0333 370 4000. The helpline is available seven days a week, from 9am-5pm.
<i>Waterside Self-isolation Support Group</i>	Will help with shopping, medication collection and dog walking.	Call 07782951660 or email watersidesisgroup@outlook.com
<i>St Andrew's Church (mainly for Dibden Purlieu area)</i>	Cold meal orders delivered from 10am, hot meal orders from 12 noon. Shopping service and prescription collection	Call 02381290940 8am-11.30am Tues to Thurs Call 02380843204 Mon- Fri 9am-5pm
<i>St John's Church Hythe</i>	Volunteers provide a listening ear and if extra support is needed, they can point in the right direction	Call 02380844336 or email churchoffice@stjohnshythe.org or via Facebook
<i>Citizens Advice Bureau</i>	All forms of information	www.newforestcab.org.uk Use enquiry form on website above New Forest Advice line, call 0300 3309 009 Mon-Fri 10am-4pm Webchat on National website www.citizensadvice.org.uk
<i>Food Bank</i>	Food delivered on Tues and Fri pm (Social Prescriber at Red and Green Practice has vouchers if needed)	Delivery service only. Call 07768713329 Mon-Fri 10am-4pm
<i>Community Volunteers</i>	You can register as: <ul style="list-style-type: none"> • Community Response volunteer • Patient Transport volunteer • NHS Transport volunteer • Check in and Chat volunteer 	Find out more at: https://www.gov.uk/coronavirus-extremely-vulnerable
<i>Age UK</i>	a free, confidential national phone service for older people	Call 0800 678 1602 or visit the website https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home
If in doubt, contact your GP Surgery, Social Prescribing Link Worker, your Hospital Discharge Team, Community Pharmacists, or NHS 111 for further information and support		